Farmers Federation News

Vol. XXXI, No. 10

JUNE, 1951

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Farmers Federation News

VOL. XXXI, No. 10 JUNE, 1951

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This Month's Cover

The cover this month shows Miss Wynelle Ford of the Sand Hill 4-H Club in Buncombe county.

She is showing how she carried on her project of frozen foods for the home.

All the fruits and vegetables were prepared and frozen by her at home. However, the meat was frozen at the locker plant and then brought home for storage.

Miss Ford is secretary-treasure of her club this year and has been active in numerous club organizations on the school campus.

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News From The Front

By JAMES G. K. McCLURE

The Will To Win

TO quote from the very fine editorial in the May 14 issue of **Life**, "A will to win is a wonderful thing to have in a fight. If you don't have it, as everyone knows from common experience, you're likely to get your ears beat off."

This editorial goes on to say that the will to win is something that has been lacking in the United States lately. Now what we need is the will to win so that we can carry freedom to all parts of the world. This idea is beginning to shape up all over the country.

Mr. McClure

And what we also need is the will to win in the Farmers Federation. We are building in the Farmers Federation wonderful markets that will increase the income of all of the farm families in the mountains of North Carolina. This is a hard job. We have to face all kinds of competition.

We need to have the will to win on our farms in order to get high production per acre and in order to make the most of the soil and rainfall that the good Lord has given us here in the mountains. We need the will to win to keep pushing for better quality in poultry, cattle, livestock and in our crops, and we need the will to win to keep the Farmers Federation growing and expanding its services for the farmers of Western North Carolina. If we all pitch in with the will to win we can create a better life on every farm in the mountains of Western North Carolina.

• • •

Mowing Machine The Pasture Maker

Have you ever seen a pasture that didn't have any weeds in it? Most of these weeds are completely unpalatable to cattle. They just won't eat them. So the cows graze around them, then they blossom and go to seed, thus increasing the numbers of weeds from year to year. Every such weed takes the place of nutritious pasture plants. As a result permanent pastures usually get poorer and poorer as the years go by.

Now the mowing machine will kill most annual weeds. Also, it will prevent most of the perennial weeds from going to seed.

White clover and Ladino clover grow close to the ground. They must have sunlight to flourish. When grass gets tough and high and when weeds get tough and high, these legumes are so shaded that they get discouraged. It is therefore important to keep the tall growing grasses from killing the legumes.

Let the mowing machine kill the weeds and cut the tough grasses that the cows have left. Mowing a pasture gives the clover and grass a chance to send out new tender shoots with which to satisfy the hunger of the high-producing cow. Young, tender shoots are what tickle the palate of the cow. Milk production is always boosted when cows are turned into a fresh pasture. A mowing machine will freshen up your pasture and increase the milk flow because the cow likes young grass. The mowing machine will certainly improve the pasture, and probably the pasture should be moved at least three times in a season to keep the young grasses and clover coming on. Remember that the mowing machine is a pasture producer.

• • •

Get Ready For The Picnics

Dates are being set for the big Farmers Federation picnics this summer. Committees in each county are meeting and deciding on the place at which to hold the picnics. These picnics are the big days on which the Farmers Federation family meets for a big reunion. Old friendships are renewed and new friendships are made. All kinds of entertainment are getting ready for the picnics. Panhandle Pete, Steve Ledford, Gaither Robinson and Patsy Messer and Texas Slim Ownby are all getting acts ready for the picnics. We hope and expect that in every county quartets, trios and all kinds of musical specialties are practicing up to try for the grand prizes that are offered this year. Don't miss the Farmers Federation picnics! I will be hoping to see you at the picnic. The dates of the July picnics have been set and are as follows:

July 4, Wednesday—Yancey County, Burnsville High School, 10 A. M.

July 6, Friday—Clay County, Elf School, 10 A. M.

July 7, Saturday—Cherokee County, Andrews High School, 10 A. M.

July 11, Wednesday—Polk County, Columbus-Stearnes High, 10 A. M.

July 13, Friday—Swain County, Bryson City High School, 10 A. M.

July 14, Saturday—Macon County, Franklin High School, 10 A. M.

July 17, Tuesday—Transylvania County, Brevard High School, 7 P. M.

July 19, Thursday—Buncombe County, Recreation Park, 10 A. M.

July 21, Saturday—Jackson County, Sylva School, 10 A. M.

July 25, Wednesday—McDowell County, Sugar Hill School, 10 A. M.

July 28, Saturday—Burke County, Oak Hill School, 10 A. M.

• • •

Here Is A Top Broiler Feed

We have it—the broiler feed that will put the fastest and cheapest gains on broilers. Now let us tell you the story about this feed. The directors of the Farmers Federation decided to try to make available the feed that will put the fastest and cheapest gains on broilers. So Mr. Guy Sales and one or two others went to the State College at Raleigh and entered into conferences with Dr. J. W. Kelly of the Department of Poultry Science and others. It developed that there is a formula for feed developed by the Connecticut State College which many experts think has given the most satisfactory results in growing broilers. Dr. Kelly made some suggestions for adapting this formula to North Carolina.

All our members know that the Farmers Federation is a member of the Tennessee Valley Cooperative Mills at Decatur, Alabama. So the next step we took was to get the manager of their feed mill up here and go over this formula with him. He agreed to use this formula in making a broiler feed for the Farmers Federation. You will see the different ingredients on the tags. This broiler feed has all the reenforcements that modern science has proven will make for rapid growth. We believe that it will make the fastest and cheapest gains with broilers. This feed will be available at all warehouses. So ask for this Farmers Federation Broiler Mash when you hit one of our warehouses and then go ahead and make money with broilers.

• • •

First Sale of Artificial Heifers

Seven county breeding associations in Wisconsin have joined together, and on May 5 held the first sale of artificial heifers all sired by proven bulls. Many of the heifers in this sale were from the bulls which have been in the Southeastern stud.

These were all grade cattle but sold well above grade prices. The six cows in the sale averaged $474 and the ten bred heifers averaged $402.

This sale gives us an idea of what we can do here in three or four years. Before very long in this territory we should be able to have a sale of artificial heifers all from proven sires. By starting such sales and holding them annually we can make this section known as a breeding center of good cattle. All dairymen will be greatly interested in hearing more about this first sale of artificial heifers, all of which are from proven bulls.

• • •

Quite A Record

Twenty eight thousand, five hundred birds were dressed and processed at the Farmers Federations poultry plant the week that this paper goes to press. This is a great record. The poultry processing plant is really making a market for broilers and hens in Western North Carolina. The most interesting part of this report is that all of these broilers and hens are locally raised. At last we seem to have a poultry business commencing to roll in Western North Carolina.

• • •

A Cool Cellar For Your Eggs

Have you dug a cellar to keep your eggs cool this summer? Eggs deteriorate very rapidly with heat. It is not very expensive to dig a cellar in which to keep eggs cool during the summer months. When it comes to hatching eggs, every hatchery flockowner should surely have a cellar or springhouse to keep his eggs cool. Hatchability is down when the eggs become overheated. And we will have some hot days this summer. Everyone knows that. The market for the hatching eggs which the Farmers Federation sell depends largely on the hatchability of the eggs. So every hatchery supply flockowner will surely benefit by having a nice cool place in which to store his eggs this summer.

Freezing Fruits and Vegetables At Home

By Verna L. Miller.

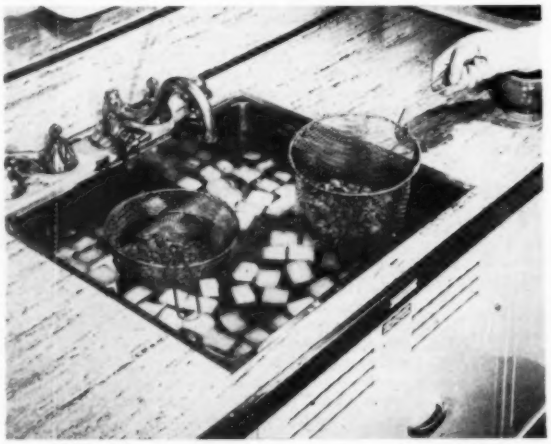
FOOD freezing today offers many advantages for the modern homemaker. The convenience of a frozen food unit in the home reduces time wasting trips to the grocer plus furnishing the treat of serving out of season or special favorite foods at any time. And there's economy, too, in buying quantities of foods at low, in-season prices, then serving them fresh and tasteful many months later.

Along with the growth in the use of frozen foods as a part of every homemaker's menus there has developed a wealth of information on the preparation of frozen foods. Whether the freezing unit is part of a refrigerator or a separate piece of equipment, the basic rules for freezing remain the same. The primary difference will be in the quantity of food that can be frozen and held until wanted. Many of today's refrigerators offer enough low temperature space for at least a minimum of food freezing and storage of commercially frozen foods.

Basic Rules

To secure the best results in food freezing, there are several basic rules that should be followed.

Select fruits and vegetables of good quality. Remember that freezing does not improve but will retain the original quality.



Remove vegetables immediately to cold water after blanching.

Speed from the harvest to the freezer is a good rule to follow. Whether the fruits and vegetables are brought from the home garden or the food market, do not delay the preparation for freezing.

Prepare foods in small quantities. Fresh vegetables lose much of their color, flavor and nutritive value if held more than a short time at room temperature and peeled fruits such as peaches discolor rapidly upon exposure to air.

Blanch all vegetables, except rhubarb, before freezing. Blanching reduces enzyme action during frozen storage and so helps retain original quality. It is important to cool vegetables quickly by immersing them in cold running tap water or iced water.

Freeze foods immediately. If any delay is necessary before putting packages in the freezer, hold them in the household refrigerator.

Packaging

One of the basic rules for freezing foods stresses the importance of proper packaging. In choosing a package, think in terms of the usual quantity of the food that will be needed at one time. A pint package of fruits or vegetables will hold three to four servings and it is easy enough, if guests arrive, to use an extra pint or freeze a smaller number of larger packages for special occasions.

A good container is moisture-vapor-proof. It is easily filled and can be sealed either by securing the lid (screw top) or by sealing the top of the bag. This good container is durable, it stacks well in the freezer and retains its shape during freezing and storage.

(Continued on page 9)

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Garden Notes

By Mrs. C. C. Proffitt, Asheville Garden Club

JUNE, the first month of summer, is filled with color, form and delight, when the lush spring growth has reached maturity, and there is a profusion of blooms. No wonder the poet has said, "What is so rare as a day in June."

To the gardener it brings the first "let up" in the Spring activities, with fewer garden worries than later in the season, so that there is a little more time to relax and enjoy the garden. It is good that this is so, since this is the first vacation month, and we want to make the most of the lovely June days. Heavy heat is just ahead, when flowers fade and grass withers.

Roses, queen of flowers for the month, should demand our first attention and care, with regular dusting or spraying, feeding and watering during dry spells, and the application of a mulch of some kind.

With few exceptions, most of our garden chores this month are a continuation of those listed for May with the addition of weeding, watering, cultivation, and mulching. If the latter is practiced, however, the first three may not be necessary, for a good mulch will smother weeds, hold soil moisture, eliminate need for cultivation and in general give better plant health. As to the best mulch to use, one gardener will get good results from one thing and one, another, while some will have to use what is available. Any light porous material that will keep out the sun, and still let in the air and rain may be used, such as ground corn cobs, grass clippings, straw, partly decomposed compost, peat moss and pine needles. The last two should be used only on plants that do not object to acidity like roses, azaleas, camellias, etc.

Now that the annuals are out of the cold-frame or flats, it is a good time to sow perennial and most biennial seeds (except pansies) for new plants next year. By sowing early, you will have good sized plants to put out in the fall.

Early flowering rock plants, particularly the dwarf phlox should be divided soon after they have bloomed.

This is also a good time to move or lift any of the early flowering bulbs as Narcissus, tulips, hyacinths, etc., if, for any reason, they need changing since their foliage has turned yellow, and you can still tell where they are.

Chrysanthemums should be pinched back for the last time this month to make bushier plants. Watch out for aphids on them and spray or dust as you do your roses.

Prune all weak growth and side shoots from your Dahlias to place strength in the main stalk that will give you the main bloom.

Gladiolus may still be planted every ten days up until first of July. Keep well-watered and sprayed with DDT for thrip.

If you have given your lawn a good start, the main job from now until fall is to keep it in good condition, as it is too late to do much seeding or feeding. With the coming of hot weather, adjust your lawn mower. Measure height of lower blade, raise cutting height one and one-half to two inches by changing roller height with a wrench. Keeping the grass longer will help smother some crabgrass, and at the same time protect the good grass.

In case of dry weather, watering may be necessary, soaking thoroughly instead of sprinkling. Control insects, especially Japanese beetle grubs and chinch bugs which are at their worst in June, feeding on the roots of the grass, often causing brown spots to appear on the lawn. To prevent this damage, spray with 50% wettable DDT (2 tablespoons to a gallon of water) or apply as dust (a pound to every 100 square feet of lawn). Sprinkling lawn lightly afterwards to wash the DDT down into the soil.

Even though there are not too many new things to do in the garden this month, the regular maintenance chores keep the home gardener busy in June, and one wonders if there is ever a proper time to leave for a vacation.

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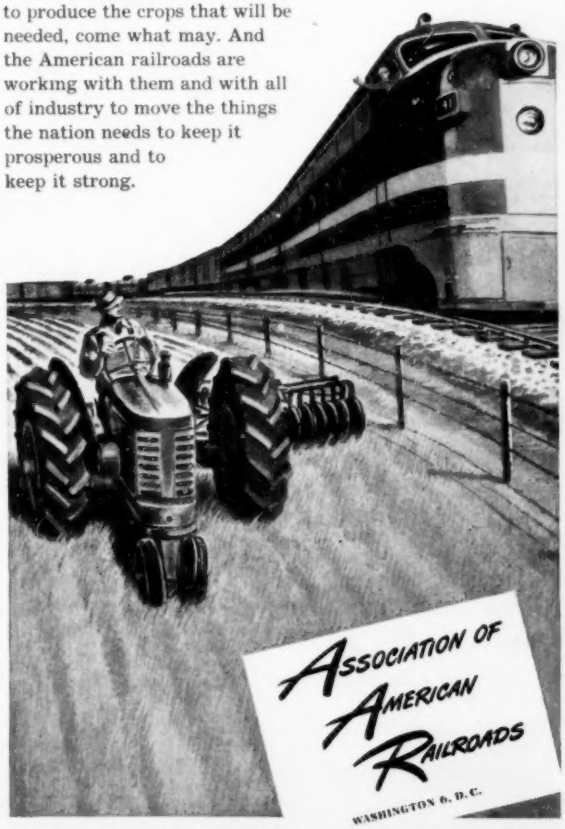
Farmers and railroads are long-time "partners"—in one of the biggest and most vital jobs in America.

The farmer grows the food, the feed, and the fiber so basic to the strength of the nation. The railroads bring the farmer his supplies and equipment—and carry his products wherever they are needed.

And these days, when national rearmament is everybody's biggest job, this "partnership" takes on even greater importance. For, as America's "muscles" get bigger, its appetite for almost *everything* increases enormously.

American farmers are working to produce the crops that will be needed, come what may. And the American railroads are working with them and with all of industry to move the things the nation needs to keep it prosperous and to keep it strong.



Listen to THE RAILROAD HOUR every Monday evening on NBC.

PREPARING POULTRY FOR THE FREEZER

T. T. Brown, Associate Professor of Poultry N. C. State College.

THE practice of using home freezers and custom lockers is increasing rapidly each year. A large portion of the meat stored in lockers is poultry meat. Not all home freezer users and custom locker patrons have been entirely satisfied with their frozen poultry meat. Close observance of a few approved practices can eliminate most of the disappointments being experienced with frozen poultry.

The quality of poultry meat cannot be improved during the storage period. All that can be expected is to preserve the original quality contained in the meat. The feeds on which the birds were finished may affect the flavor of the meat considerably. During the last few weeks before slaughter, the birds should not have access to any feed rich in fish meal or cod liver oil and other strong flavored ingredients such as wild onions, which are sometimes mixed with small grain when harvested.

Birds to be used for freezing should be well fleshed and well finished. At slaughter time the bleeding should be thorough as poorly bled birds do not keep as long or as well in storage as do well bled birds. They should be semi-scalded at a temperature of 126° F to 130° F. Care should be used to avoid tears and bruises while the birds are being picked.

As soon as the birds have been picked and pinned they should be cooled in ice water before they are drawn. They should remain in the ice water several hours or until the inside temperature of the birds has dropped to about 34° F to 36° F.

If the birds are drawn and then cooled in ice water, the carcasses may become contaminated from the cooling water so they will not keep well in storage. It is much more satisfactory to cool the birds before they are drawn.

The birds keep better in storage if the lungs are removed during the process of drawing the carcass. As soon as the birds have been drawn they should be washed inside and out and drained thoroughly or dried inside and out with a clean cloth. The neck should be taken off between the shoulders and placed in the abdominal cavity. The liver, heart, and gizzard should be wrapped in waxed paper and inserted in the abdominal cavity also, unless these giblets are to be frozen in a separate package. The liver will impart an off-flavor to the carcass if it is put inside the bird without being wrapped.

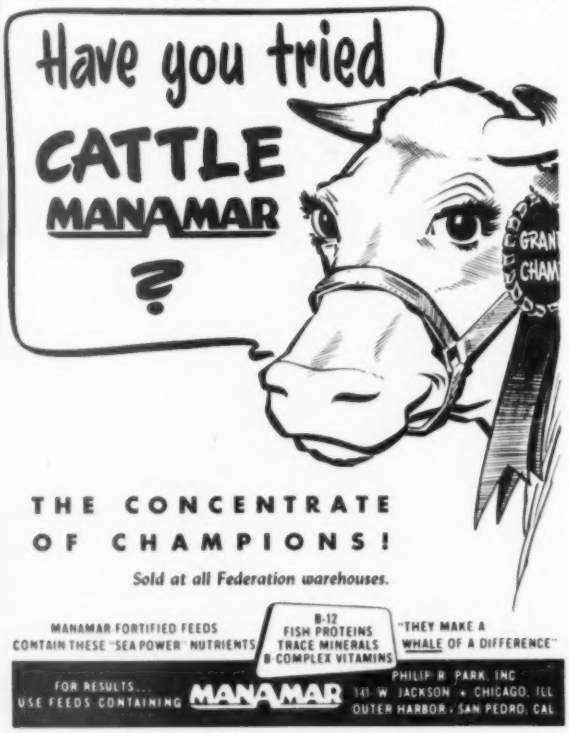
When freezing hens and turkeys, they should be trussed by tying a piece of string around the body to hold the wings against the body and to hold the drumsticks down so the carcass will be compact and not punch through the wrapping. Birds so trussed will take a minimum amount of space in the locker. Broilers and fryers may be cut-up and packaged in boxes for freezing or be wrapped like hens and turkeys.

The carcass should be wrapped as quickly as possible after it has been drawn to avoid the possibility of mold and bacterial contamination. Regular locker paper, aluminum foil and plastic bags are all satisfactory for wrapping purposes. The aluminum foil is preferred by many. When plastic bags are used the air should be removed from the bag containing the carcass as thoroughly as possible according to instructions coming with the bags, and then the end of the bag should be tied tightly. In the case of locker paper or foil, the piece of wrapping should be large enough for the edges and ends of the wrapping to be folded several times to make the package air tight. The air should be worked out of the package before the last end is folded up. Any air left in the package will serve as insulation and make it more difficult to freeze the carcass quickly and thoroughly.

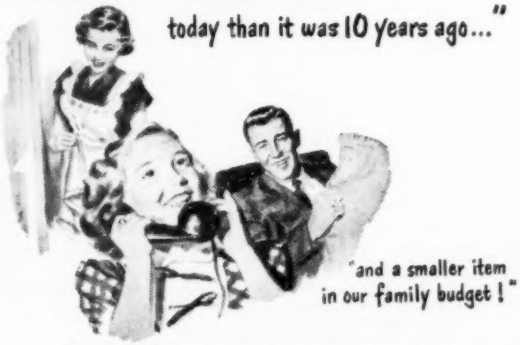
The package should be quick frozen in the sharp freezer as quickly as possible after having been wrapped. The quick freezer should not be overloaded. The packages should be arranged so the air can circulate freely around each package during the quick freeze process. The quick freeze temperature should be as low as -20° F and an even lower temperature would be more satisfactory. Ample time should be allowed for the carcass to be thoroughly hard frozen before they are transferred to the holding compartment. The temperature of the holding compartment should be as low as 0° F and -10°F would be more satisfactory. The lower the quick freeze and holding temperatures, the longer the meat will keep satisfactorily.

The Pennsylvania State College has determined that the maximum holding period for poultry meat is one year when the holding temperature is maintained at -10° F and only eight months when the temperature is maintained at 0° F. They found it more satisfac-

(Continued on page 10)



"BIGGER BARGAIN today than it was 10 years ago..."



The number of telephones the typical Southern family can call at the local service rate has more than doubled in ten years. And the service is better.

Meanwhile, in a period of rising prices, the *price* of telephone service has increased far less than wages and family income . . far less than most of the goods and services that make up the every-day cost of living.

Yes, telephone service always was one of the biggest bargains in the family budget. Today it's an even bigger bargain than it was ten years ago.

SOUTHERN BELL TELEPHONE AND TELEGRAPH COMPANY

COOKING FROZEN FOODS

By S. Virginia Wilson & Jewell G. Fessenden, Extension Nutritionists.

USE frozen foods for any meal of the day—breakfast, lunch or supper, and dinner. They may form a part or all of the meal. A menu made up of frozen foods should meet the test of any good meal. Be sure the combination you choose has contrast in flavor, color, texture, and food value. Check your meals for the day by the Basic Seven Chart. See that you have included some food from each group. Prepare frozen foods so as to save all the food value.

Vegetables

Frozen vegetables cook in about half the time of fresh ones. You don't have to thaw most vegetables to cook them. Corn on the cob is one that is better if thawed. It keeps the cob from staying frozen while the kernel may overcook. Broccoli, asparagus, and other stalk vegetables are best if you thaw them enough to break pieces apart. Leave food to be thawed in their original package.

flavor, color and food value when rewarmed or kept hot.

Use a pan with a tight fitting cover.

When cooking two or more packages of the same vegetable, use a large enough pan so that one package is not placed on another.

Use only enough water to keep vegetables from burning.

Salt water and bring to a boil.

Add the unthawed vegetable and bring quickly back to the boiling point.

Stir with a fork to separate frozen pieces.

Count cooking time when all frozen lumps are broken apart and water begins to boil again.

Meats

Frozen meats may be cooked thawed or unthawed. It takes longer to cook hard frozen meat than when defrosted. Also, you will need to use a lower temperature. The only sure way to tell when meat is done (fresh or frozen) is to use a meat thermometer. Hard frozen roast have to be partly cooked before the thermometer will stick into the meat.

You may prefer to partly or completely thaw meat before cooking it. Many people do. Then you can follow your favorite recipes for cooking fresh meats.

To Thaw Meat Requires—

At room temperature—about 2 hours per pound.

In front of a fan—about 45 minutes per pound.

In refrigerator—about 5 hours per pound.

Chops ¾ inch thick—about 24 hours in refrigerator.

Ground meat patties—about 2 hours.

Broiling—Tender steaks or chops of beef or lamb. (Use other ways of cooking pork and veal as they need longer cooking time.)

Turn switch on to the broil position. Place steak or chops on broiler pan and set 2 to 3 inches from broiler unit. Steaks or chops of ¾ to 1 inch thick are placed 2 inches from source of heat; 1½ to 2 inch steaks-3 inches away. (Steaks or chops thinner than ¾ inch are jucier if pan broiled). When meat is brown on one side, salt and turn. Broil until second side is brown. Season that side and serve on a hot dish.

Pan Broiling—Place meat in a hot, heavy frying pan or on a griddle. Do not add fat or water. Brown meat on both sides as above. Pour off extra fat that collects in pan while broiling meat.

Roasting—(For tender cuts of meat about 5 or more inches thick) Place meat with fat side up on a rack in a shallow pan. Do not cover. Do not add water. Do not baste. Insert a meat thermometer in the center of the thickest part of the roast without it resting on any fat or bone. Beef, veal, lamb and smoked pork are cooked in a slow oven (300°F.), fresh pork in a moderate oven (350°F.)

Fruits

Frozen fruits need little preparation before serving. Most of them have sugar added when prepared for freezing. You may like to only partly thaw them as they are apt to be flabby and juicy where completely thawed. Peaches, apricots and apples take longer to thaw than berries. Thaw in the refrigerator or at room temperature, but keep in the package while thawing.

Guide for Cooking Frozen Vegetables
(For Approximately 2 cups)

Vegetables	Cups of Water	Minutes to Cook
Asparagus, spears	¼ to 1	5 to 10
cut pieces	¼ to ½	3 to 5
Beans, lima — small	1 to 2	8 to 12
lima — large	1 to 2	15 to 20
Beans, snap	¼ to 1	10 to 15
Broccoli	¼ to 1	4 to 10
Cauliflower	½ to 1	3 to 6
Corn, cut	¼ to ½	5 to 6
on the cob	enough to cover	3 to 8
Greens, collard, kale, turnip	¼ to 1	10 to 20
Peas	¼ to ¾	5 to 8
Spinach	¼ to ¾	4 to 8

Observe These Rules in Cooking Vegetables:

Cook only the amount needed for one meal. Vegetables lose

	Minutes per pound				Meat Thermometer Reading
	Meat with bone		Meat without bone		
	Thawed	Froz.	Thawed	Froz.	
Beef—rare	18	43	28	40	140°
medium	22	47	32	56	160°
well done	30	55	40	65	180°
Pork, fresh, well done	35	60	45	70	185°
Smoked	25	50	35	60	170°
Tenderized	20	50	30	55	160°
Lamb	30	55	40	65	170°
Veal	30	55	40	65	170°

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JFG SPECIAL COFFEE

'The Best Part Of The Meal'

KANSAS CREAM

Self Rising

MUFFINS

3 tablespoons butter
3 tablespoons sugar
2 cups self-rising flour
1 egg, beaten
¾ cup milk

Cream butter and sugar, add the beaten egg and cream until light. Add the self-rising flour and milk alternately to the creamed mixture. Stir only until thoroughly mixed. Fill well greased muffin tins ⅔ full and bake in a moderate oven (400 F.) for about 30 minutes.

Yield, 8 large or 12 small muffins

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KANSAS CREAM FLOUR

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Farmers Federation

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Essotane GAS

COOL, FAST COOKING — You should try Essotane for *easy* cooking! Instant, clean, concentrated flame cooks food faster than coal with less heat loss for more economical, cooler cooking. Food prepared the Essotane Way is appetizing, and *quick cooking* helps seal in wholesome, natural flavors.

MODERN, GOOD-LOOKING KITCHEN — Clean, smokeless, soot-free Essotane will give your kitchen the modern look. NO messy dirt or ashes, NO grimy walls! Your kitchen will be pleasant . . . cooking will be easy with lots of time for other things!

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For cooking, hot water, refrigeration, and heating

Esso

See Your Nearby Essotane Dealer

FLOCKOWNERS' NEWS

By GLENN D. HUNT, Manager
Farmers Federation Hatchery

WHEN Silas Little pays you a visit in the future he will be more enthusiastic than ever to help and don't be surprised if he brings along a new helper—a young bride to do the banding. Silas was married May 5 to Miss Frances Morris of Greenville, North Carolina, in the First Baptist Church at Raleigh. Our best wishes go to Frances and Silas for a prosperous future.

Sewell McBrayer, our Federation Warehouse manager in Rutherfordton, told me the other day that he had never seen such a demand for our chicks. That's encouraging for us here at the hatchery as we believe a chick of high quality will just about sell itself.

By the end of May the warehouses will be selling few production type chicks as the Spring demand will be over. It will be time for the production flockowners to sell their cockerals, cull their hens very close and sell on the commercial egg market. Perry Greene is hoping that he can get these eggs as he is needing them at the market very badly. Should any of you want any help culling your flock, Bo Fowler said that he would be glad to help you.

It seems everyone has become conscious of producing broiler type hatching eggs. We are in serious need of more production type flocks, so if any of you would be interested in starting some production chicks, let's get together and talk it over. Remember, from the production type layers you will get a higher per cent of production and for the period we take the hatching eggs for the hatchery, you get a premium. Just think, Brothers Grieten, Williamson, Fisher and all the rest of the production flockowners have been getting $1.00 per dozen for their eggs since the end of last January. If I were a Fuller Brush Salesman, I would acquire from all the hatcheries in the area a list of their flockowners, and canvass every one of them and I believe I would sell more brushes than if I were calling on any other group of people. No fooling(this has been a good year for all flockowners!

* * * * *

THIS IS A MUST

We must continue talking about egg holding rooms until we get 100 per cent results. Mr. McClure and Mr. Sales have put these instructions out to the hatchery and we are heartily in favor of it. A basement, an egg cellar dug in the bank, or a Spring house is the answer to an egg holding room. We can not afford to let the hatchery suffer the low hatchability that was experienced last Summer. Remember, we will be glad to assist you with this problem in any way we can.

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For the Best In Recapping Or New Tires See
BILTMORE TIRE RECAPPING CO.
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FREEZING FRUITS AND VEGETABLES

(Continued from page 4)

Freezing Vegetables

Nearly all vegetables may be frozen. The only exceptions are the salad vegetables that are usually eaten raw, such as lettuce, celery, radishes, cucumbers, tomatoes, cabbage and onions.

A good rule to follow in harvesting is to gather vegetables when just right for table use. Likewise, they are prepared for freezing the same as they would be for cooking for the table. Vegetables may be blanched either in boiling water or steam. The deep well cooker with cover and a wire basket are convenient to use for either method since best results are obtained from blanching small quantities (about one pound) at one time.

Use 4-6 quarts water for the boiling water method or about 2 inches deep for the steaming method. Place the prepared vegetables in the basket and immerse in boiling water or steam. Start counting blanching time after water again reaches boiling. It is important to have all vegetables blanched quickly and uniformly. Remove blanched vegetables immediately to iced water or cold running tap water.

Freezing Fruits

Practically all fruits will freeze satisfactorily and may be prepared for freezing in the same manner as for table use, that is, washed, drained, packaged, sealed and frozen. Fruits do not need to be blanched as vegetables do but may be packed without sugar, with dry sugar or in sugar syrup. Personal preferences or the way fruit is to be used are deciding factors. For desserts, the fruits in dry sugar or sugar syrup are usually preferred.

Some fruits such as rhubarb, blackberries, blueberries, currants and raspberries may be successfully frozen without sugar or syrup. These may be used in sauces, jams, jellies and in baking for muffins, pies, cobblers, etc.

When preparing fruits, pack only the perfect, uniformly ripe berries or fruit for freezing whole or sliced. Use the imperfect, bruised or over-ripe fruit immediately for dessert purposes or crush and freeze with dry sugar for sundae toppings.

In preparing peaches, wash the fruit carefully then peel. A short dip in boiling water helps to loosen the skins. A word of caution here, though, for if the fruit is left more than just a few seconds there may be a cooked layer just below the skin. It is important to time and check this operation carefully. Fifteen seconds is often long enough. After dipping, cool peaches quickly in iced water.

Light colored tree fruits such as peaches, apricots, pears and nectarines discolor rapidly when peeled. To avoid this, work with small quantities of the fruit at one time. Slice directly into the package. If using a syrup pack, have syrup already in package. Push fruit under syrup so that all pieces are covered. Several thicknesses of cellophane on top of the fruit will help hold it under the syrup. If using dry sugar, sprinkle over each layer, saving a more generous portion for the top, seal. Shake gently to distribute sugar evenly. Always defrost these fruits in the unopened package, preferably on shelf of the household refrigerator.

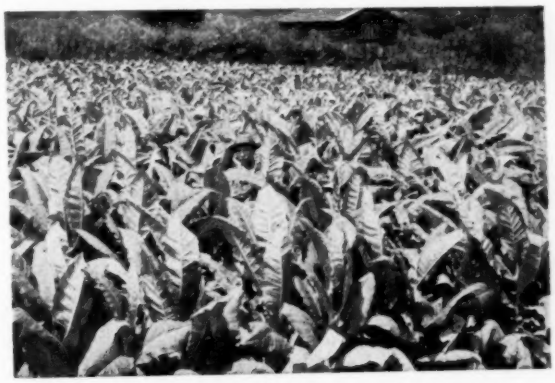
To prevent discoloration of fruits add ascorbic acid to the sugar or syrup. This ascorbic acid is just Vitamin C and is found naturally in all fruits. It will not affect the natural fruit flavors if used according to directions. Ascorbic acid is available in pure powdered form or, when mixed with sugar extenders, under various trade names.

Mix carefully with the sugar or chilled syrup just before adding to the fruit. Prepare only enough for the one day's use. For dry sugar add ½ teaspoon pure powdered ascorbic acid to 1 pound sugar and for syrup add ½ teaspoon to 1 quart syrup. Follow instructions given on package for other products.

We usually recommend freezing strawberries sliced or halved and packed with sugar; however, for a special treat, freeze just a few packages whole with the caps left on. Use these while still frozen as a garnish for salads or desserts, arranging them just before serving.

With these few general rules and helpful hints, you should have no trouble learning how to freeze vegetables and fruits at home. You'll be surprised how easy it really is and how much variety and enjoyment home-frozen foods can add to your meals.

Fine Tobacco Is Grown With PLANTERS



C. E. Webb, Leicester, N. C., whose tobacco crop is shown above, says, "My tobacco crop last year was grown with Planters Tobacco Fertilizer, and I don't believe I could have had as fine a crop with any other plant food."

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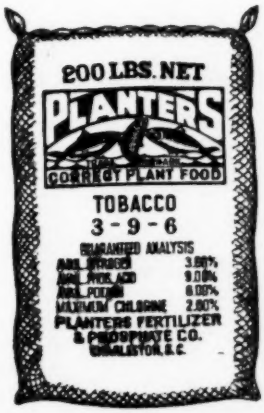
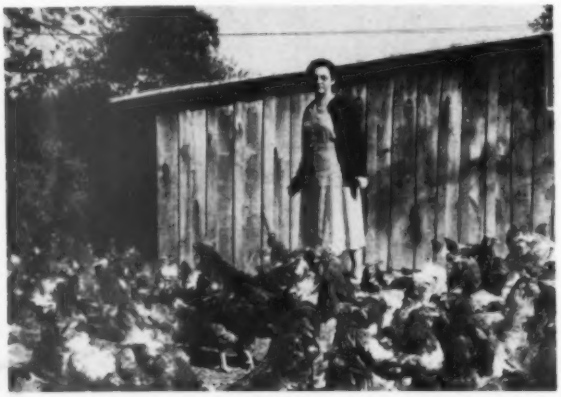


Poultryman of the Month



Miss Mary Jarrett is shown above with part of her hatchery supply flock that has made her money since November 1.

Miss Mary Jarrett of Hayesville, has been chosen as Poultryman of the Month for June.

Miss Jarrett is a school teacher by profession. However, even with the many duties of the teaching profession she has found time, with the help of her mother, Mrs. Dora Jarrett, to look after 200 laying hens.

She started with 220 pullets and put 210 hens in the laying house. She has sold over $1,629.00 worth of hatching eggs since November 1 to the hatchery in Asheville.

"The key to high production is fresh running water, plenty of feeding space and good feed," says Miss Jarrett. She uses Co-op feed.

Registered
ABERDEEN - ANGUS
Cattle
MARSHALL H. ROBERTS
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FREEZING AND STORING POULTRY MEAT

(Continued from page 6)

tory to limit the holding period to one-half the maximum time.

The packages may be stacked closely in the holding compartment to conserve space. If the packages are not air tight or the wrapping becomes torn the meat will dry out and the condition known as freezer burn will result.

Freezer locker users often complain about poultry meat turning dark at the bone during the storage period and have considered it to result from faulty refrigeration or management. However, this is not the case. The discoloration at the bone results from the pigment or coloring from the blood leaking through the bone and penerating the flesh, chiefly during the thawing process. This condition is more noticeable in young chickens than in older birds because, the bones in older birds are more hardened and the pigment does not penetrate the bones so readily. This darkened condition does not noticeably affect the quality or flavor of the meat.

The major reasons why some home freezer and custom locker patrons have not been entirely satisfied with frozen poultry are as follows:

1. The birds were not thoroughly cooled to remove the animal heat before the carcasses were wrapped

2. The giblets were not wrapped separately before they were placed in the abdominal cavity of the carcass.

3. The carcasses were not placed in the sharp freezer quick enough after they were cooled and wrapped.

4. The carcasses were cooled in contaminated water after being drawn or were exposed in open air to mold and bacterial contamination too long after being drawn before being wrapped.

5. The quick freeze temperature was too high or the packages were stacked in the quick freeze compartment too tightly to permit free air circulation around each package.

6. The holding temperature was not low enough.

If the job is done right, frozen poultry meat is delicious

CONTROL CHICK LOSSES
WITH
McClellan's Sul-nox-aquine Liquid for control and prevention of cecal coccidiosis, cholera and intestinal coccidiosis. McClellan's Sul-nox-aquine, a sulfaquinoxaline product, aids in the prevention and control of these dreaded diseases.
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Repairs on all makes of Home Freezer Motors.
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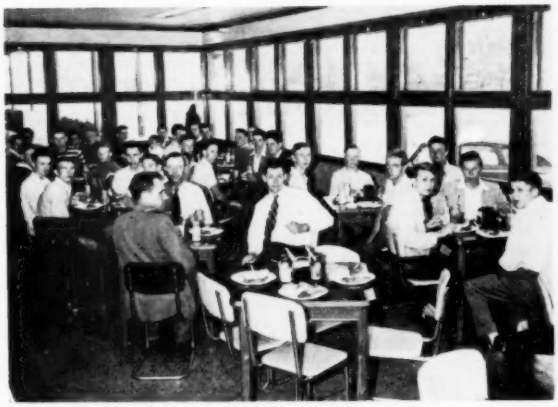
F. F. A. VISITS FEDERATION



The Murphy Chapter of the Future Farmers of America is pictured above as they lunched at Skyline Dairies on their recent visit to the Farmers Federation. They toured Southeastern Artificial Breeding Association, the Market Department, Skyline Dairy, and various other departments of the Federation. They were accompanied on the trip by their instructor, Mr. G. A. Patton.

Dairyman of the Month

Mr. Ralph Ray of Burnsville, Route 1, is shown above with his herd and two of his children, Ronald, age six ,and Gail, who is three.

Ralph Ray of Burnsville, RFD 1, has been chosen Dairyman of the Month for June.

Mr. Ray has a head of 20 cattle that roam in Ladino — orchard grass above the ankle of the average man.

"Good pasture is the key to profit in milk production," says Mr. Ray. Along with good pasture you have to have cows that are bred for high production and Mr. Ray firmly believes that the Artificial Breeding Program is the way to build production. He has 12 fine artificially bred calves that will soon be ready for replacement stock.

The Ray's farm consists of 240 acres, 48 of which are in Ladino orchard grass pasture. He just recently completed a new lounging barn and milking parlor.

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BRED to bring you
higher yields - better quality - disease resistance
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ATLANTA 2, GEORGIA

FREEZER-LOCKER NEWS

By W. O. BARNARD, JR.

WITH a locker plant in your section your pork killing season is now 12 months long. No longer need you feed a hog two, four or six months just in order to have a frost or a cold spell to kill. Any morning of the year a locker customer or home freezer owner can kill his hog and deliver it to the locker plant for chilling and processing.

Our large cooler rooms are made for a year around 36° temperature. Your hogs can be placed in this room just a couple of hours after killing and the perfectly controlled temperature will chill the pork without freezing the meat and a more desirable temperature could not be ordered.

Many a time have I had a phone call at supper time to hear a distressed farmer tell me he found his hog with a broken leg and was going to have to shoot him. Could the locker plant be opened about nine or ten o'clock that night in order that he would not lose 200 or 300 pounds of pork?

Our locker managers take great pride in serving the farmers and assisting them in the protection of the foods they raise. I always feel I am giving a service and am glad to open the doors of our Asheville locker to a needed customer any time—day or night.

* * * * *

Frank Hoilman, Manages Spruce Pine

The Farmers Federation is proud to anounce that Mr. Frank Hoilman has taken over at our Spruce Pine Freezer Locker Plant and is looking forward to serving the tri-county area.

Mr. Hoilman has already flooded the Asheville plant with orders for quarters of beef for his locker customers.

Frank has been an expert butcher in Spruce Pine for a good many years and is anxious for his locker customers to be present when their beef or pork is being cut.

* * * * *

Save With Your Locker

In peace time or during a national crisis, it is thrifty and patriotic to eliminate loss of food. If you have a garden put your garden crop in your frozen food locker. Nearly everything that grows in an orchard or a garden can be frozen in less than one-half the time it would require for canning. The garden foods we used to allow to decay and be given away will be welcomed six or eight month from now and will be just as colorful and good tasting in January as in June.

We should make every effort to conserve the food in order to cut down the higher costs of living and at the same time will eat more vitamin enriched and tastier meals.

* * * * *

Check Your Home Freezer

Our many customers with home freezers should make it a habit to check the temperature of their cabinets at least twice a day. Food kept at zero degrees will keep its flavor twice as long as food kept at 10° above zero. Your home cabinet should range between 5° above zero and 5° below. The smaller the temperature fluctuation the better the food product will be when eaten. All owners of home freezers should have a good reliable thermometer on the inside of the freezer and make it a habit to check the temperature quite frequently. A blown fuse or a disconnected electrical cord can cause several hundred dollars of frozen foods to be lost.

If the refrigeration unit should become inoperative and not be fixed at once, take all the frozen foods to your locker plant for safe keeping until your mechanic can repair the trouble.

Do not attempt to refreeze and use foods after they have become thawed as some meats can be dangerous if refrozen and eaten. The state of North Carolina requires locker plants to have recording thermometers that give the locker room temperature 24 hours a day and record charts kept for one year for inspection by state officials.

* * * * *

Use Ascorbic Acid In Freezing

Your locker plant will make every effort to keep a good stock of ascorbic acid (vitamin C) this year.

The South Carolina and Georgia peach crop looks promising and ascorbic acid when added to peaches pears, cherries and other fruits will prevent them from becoming dark upon defrosting. Peaches frozen with a very small amount of this vitamin C will keep several days in the refrigerator with a beautiful color that adds zest to anyone's appetite.

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- Increased daily benefits for hospital room and board —up to $10 per day, if you wish.
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WE WILL BE HAPPY TO ANSWER YOUR QUESTIONS AND HAVE YOUR POLICY ISSUED.

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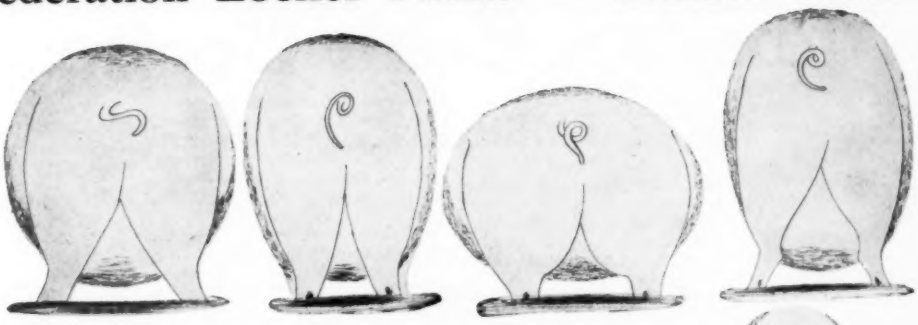


CURE never-uniform HOGS with GRIFFITH'S ever-uniform

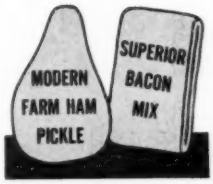
MODERN FARM HAM PICKLE and SUPERIOR BACON MIX

Breeding and feeding makes them different—but deluxe curing can bring out the best qualities in their meat . . .

Cure with mild, *ever-uniform* prize-winning MODERN FARM HAM PICKLE and SUPERIOR BACON MIX.

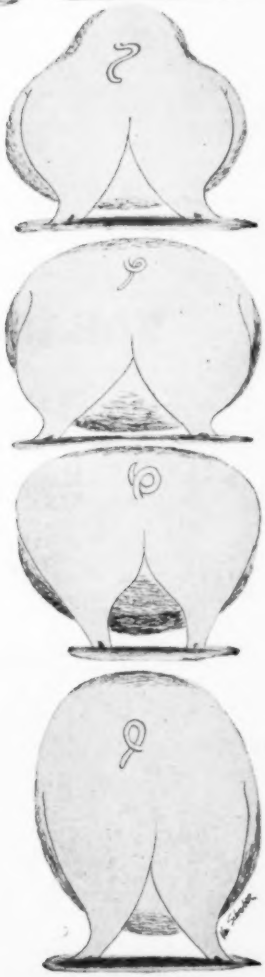
These complete, ready-to-use cures are *scientifically* balanced—with transformed crystals containing each ingredient that *fixes* color, *holds* the color, and *preserves* the delicious cured flavor of the meat.

Better, *ever-uniform* curing can increase your business. Better change to Griffith cures, now.



Make your processing of all pork trimmings more flavorful, more profitable... use Griffith's *Solubilized** G-4 Seasonings in pork sausage, frankfurters and bologna. It penetrates and blends thoroughly. Adds that flavor-zing that makes cash registers ring!

*(Contains Griffith's famous Antioxidant—"G-4")



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Plants at Hendersonville and Boone

The Country Church With The Lord's Acre Plan

By REV. DUMONT CLARKE

The Lord's Acre Movement Presented in New Publication

The most comprehensive and effective publication on the Lord's Acre Movement prepared by the religious department of Farmers Federation, has recently come from the press. The title page of the publication contains a map of the United States in color. It shows twenty-five states in which the Lord's Acre plan has been successfully used over a period of years. Many other states are designated as having good beginnings in the use of the Lord's Acre plan. The map gives striking evidence of the growth of the Lord's Acre Movement through the past twenty-one years.

Then follows a very large number of classified commendations of the Lord's Acre plan by leaders of many denominations in widely-separated parts of the United States and Canada. These commendations give most convincing testimony of the many values in the use of the Lord's Acre plan.

A large number of reports of the successful use of the Lord's Acre plan, listed by states, fill a number of the pages. Like the commendations, these reports also are convincing in their factual weight.

The publication contains many other features, all of which contribute to the thoroughgoing promotion of the Lord's Acre plan.

Wilfred Davis grew out this pig and gained $30 for Bethel Methodist Church, Clay County. Rev. R. L. Poindexter is pastor.

Great Interest in Corn Picker On the Lord's Acre

Our ten-acre Lord's Acre corn project for the Golden Valley Methodist Church in Rutherford County was quite a large venture for us. However, we needed the money it would bring for our new church building. Also, we were encouraged in carrying out the project by our pastor and by the director of the religious department of the Farmers Federation, who came twice to take pictures and to conduct devotional services at the project.

We had our corn harvesting on November 8th. We had advertised that a modern corn-picker would be at work. This we obtained through the help of the Farmers Cooperative Exchange of Shelby. A large crowd of nearly 300 people gathered at the field and all were interested to see the marvelous speed with which the corn picker accomplished its task.

Although the corn season had been dry toward the close and there were a considerable number of nubbins, we kept the corn for a good price and were greatly pleased to have a net total for our new church building of $535.46.

We had fine cooperation on our project. Church people need to have a sense of pride in their church, and they must earn it. The Lord's Acre plan is a wonderful way to develop a fellowship in Christian work.

Frank Melton,
Bostic, N. C.

A Near Record of Dedicated Pigs

Under the pastoral leadership of Rev. C. C. Kurtz and the lay leadership of Roy Randolph, fourteen pigs are being raised this year in the Lord's Acre program by members of Melvin Hill Church of the Brethren, Polk County. This is almost the high record number of pigs dedicated in any one church in a single year.

BURKE COUNTY—J. E. Rhymer writes: "We have had a wonderful success at North Catawba Baptist Church with our Lord's Acre program. Our work last year including all projects totaled $584.71. We are thankful to God for our wonderful success last year."

CLEVELAND COUNTY—"The total receipts on our Lord's Acre-Lord's Hour projects this year," writes Rev. W. L. McSwain, "amounted to $507.19 in Allen Memorial Baptist Church, and to $446.20 in David's Baptist Church.

The Scripture-Prayer Verse for June

In nothing be anxious; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall guard your hearts and your thoughts in Christ Jesus. Philippians 4:6, 7. (Am. Revision).

THE CHALLENGE TO YOUNG PEOPLE OF THE LORD'S ACRE PROJECT

THE Church is faced with the necessity of putting its young people effectively at work for Christ. The school, the 4-H Clubs, the F.F.A.'s and F.H.A.'s, the Boy and Girl Scouts, all require stated and often difficult tasks of their boys and girls. The Church, for the most part, makes but little if any requirement of its young people for real work.

Christian work is absolutely necessary for the development of sturdy, dependable Christian character. Christian work is absolutely necessary for giving a deepened sense of the meaning of Christ's command, "Seek ye first the Kingdom of God and his righteousness."

Mr. Clarke

The Lord's Acre project is the most practicable means through which to engage and train young people and children in effective stewardship. In the new publication, which is announced in an adjoining column, are many strong statements concerning the value of the Lord's Acre project for these age-groups. For example, "In my experience, the Lord's Acre plan is without parallel as a means of teaching young farm folk the importance of Christian stewardship." "When our youth are taught that God is their partner, they are receiving a lesson that will follow them all of their lives." "One of the most important needs of our day is to have our young people at work for Christ, developing their intelligence and integrity. The Lord's Acre plan is a great help for the achievement of these purposes."

CHRISTIAN RECREATION PROGRAMS NEEDED

The coming of the summer months brings fresh realization of the need for Christian Recreation programs. Our Sundays are being invaded more and more by community baseball games which are alarming in their secularizing influence. The rivalry between adjoining town and county teams is generally so keen that it absorbs the thoughts not only of the players but also of a large proportion of the population.

Certainly, in the Christian judgment of the writer, pleas should be made to church people not to attend these games. However, an alternative recreational program should be provided, in which adults and older young people will guide the younger Sunday school members. More and more church supervised playgrounds should be developed. Through such recreational centers there are great possibilities for bringing all age-groups into closer Christian fellowship.

This ten-acre dedicated corn project brought a total of $535.46 to the building fund of Golden Valley Methodist Church, Rutherford County. Please see adjoining article.

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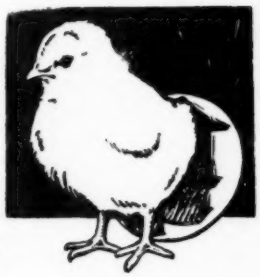

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